



# WORKING WELLNESS

Good Health is Good Business

NOVEMBER  
2013

is...

National  
Diabetes  
Month

COPD  
Awareness  
Month

Lung Cancer  
Awareness  
Month

National  
Alzheimer's  
Disease  
Awareness  
Month

National  
Stomach  
Cancer  
Awareness  
Month

With

Get Smart  
About  
Antibiotics  
Week

For more  
information on these  
observances or  
future observances,  
go to U.S.  
Department of  
Health and Human  
Services at  
<http://healthfinder.gov/NHO/nho.aspx>

## A BIG THANKS TO

All of these local vendors who donated door prizes to the  
Health Fairs

### KEY WEST

- Sugar Apple 292-0043
- Key West Golf Club 294-5232
- Sunset Watersports 296-2554
- Fury 292-4156
- Luanne Doughtry from Mary Kay Cosmetics 304-1701
- Island Gym 295-8222
- Gravity Pole 453-6312
- Old Town 292-3999
- Paradise Fitness 294-4120
- The Pilates Studio Key West 517-6930
- Stay Fit 294-0693



### MARATHON & KEY LARGO

- The Mindful Mermaid 896-3059
- Robbie's Deep Sea Fishing 664-3389
- Key Largo Yoga 879-0377
- Food for Thought 743-3297
- Pirate Wellness 744-3348
- Boondocks 872-4094
- Good Food Conspiracy 872-3945
- Nick's Fitness Express 743-7618
- Paddleboard the Keys 321-377-4522
- Advantage Rehab 289-6220
- Fit Keys Corp. 289-6220
- I Knead Marathon 289-6220
- Island Wellness 289-9355
- Bambuddah Spa 923-3618

Also, a special thank you to our wonderful insurance  
providers who attended and donated door prizes.

*Florida Blue, Envision, United Concordia, VSP, Hartford and Aetna !*



## SPOTLIGHT OF THE MONTH: QUEST DIAGNOSTICS

**QUEST Lab services is FREE – no cost-share, no deductible !**

- When a doctor requests blood work; the member should ask which lab they use ***BEFORE*** having the test done.

Many doctors have **QUEST** pick up their test right from their office.

If QUEST is not available at the doctor's office **the member should ask** the doctor to order the test from the QUEST lab and not the hospital.

The member can take the order for the test to the nearest QUEST lab:

- In **Key West** they are located at 3428 N. Roosevelt Blvd (Dr. Cantana building) the phone number is 295-9797.
- In **Marathon** they are located at 2855 Overseas Hwy (old Salvation Army building) the phone number is 743-4000.
- In **Homestead** they are located at 925 North East 30<sup>th</sup> Terrace, Suite 108 and the phone number is 866-697-8378.



## SPOTLIGHT OF THE MONTH: EAP Webinars

If you are interested in any of these upcoming Webinars or have any questions; please see contact information below.



**DECEMBER 4 @ 3pm-** Learning how to say "No": An important life skill

**DECEMBER 11 @ 3pm-** Yes or No? Secrets of Sound Decision Making

**DECEMBER 17 @ 3pm-** It's all Relative: Understanding Family Dynamics



Available 24/7 @ **1-800-272-7252**

Or

Register at: [www.mylifevalues.com](http://www.mylifevalues.com)

Login: MCBOCC Password: MCBOCC





## CONSUMER CORNER

### SHOPE AND SAVE

Conch Color fans are greatly relieved to read that publisher, Tom Oosterhoudt's back surgery went amazingly well. !

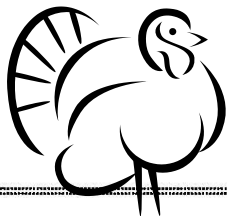
In the November 1st editorial, he also addressed the importance of shopping around to compare cost for medical services.

Tom was more than willing to grant us permission to quote his experience. He said, "I think all Keys residents should be aware of this disparity" .

Read all about his Shope and Save experience :

*"I also found the pricing disparities to be mind boggling.*

*During my back ailments the past two years, I found that a local diagnostic center charged me around \$2,600 for a MRI while the local hospital charged about \$5,500. But then I discovered a place near the airport in Miami that not only charged just \$275, but got me in and out in about a half hour with no waiting period. Wowser!"*



After meeting the annual deductible, our members have a 25% out of pocket expense for an MRI. test like Tom's.

Quoting Tom's experience, our members out of pocket expense could have been anywhere from \$650, \$1,375 or \$68.75 for the MRI. That is a wide disparity.

It is well worth the time and effort to travel to Miami for a cost savings of \$581.25 or \$1,306.25 !!!

It goes without saying that in the case of an emergency you do what you have to do. Otherwise, save yourself a lot of money and shop around for the best price.

Blue Cross Blue Shield provides an on-line resource too.

Check it out at : [FloridaBlue.com](http://FloridaBlue.com)

Submitted by Sr. Coordinator, Meri-de J. Mercado x 4450





# COMP CORNER

Providing you with continuous general information on your Workers' Compensation benefits.



## DO YOU FOLLOW THESE RULES?

Most of us use ladders either on the job or at home.

**How many of these rules do you always follow?**

Set the ladder on firm **level** ground;

**Secure** the ladder if possible;

Keep the **area** around the bottom of the ladder **clear**;

Stepladders must have all four legs on solid ground with the **spreaders** locked fully **open**;



Never use a stepladder **leaning** against a wall;

**M a k e** sure the rungs are **clean**;

Make sure your **body** stays **centered** between the side rails;

**N e v e r** **over reach** while on a ladder — if

you can't reach, climb down and move the ladder;



**N e v e r** **carry** anything while climbing - **a t t a c h** items to your tool belt or pull them up on a line afterwards;

**A l w a y s**



**h a v e** **t h r e e** **p o i n t** **contact**;

**N e v e r** **step** on the very **top** or the top step of a stepladder;



Extension ladders should extend **three feet above** the working level and should have the base **secured** or have non skid feet.

Don't **move** a ladder while you're on it;

Only have **one person** on a ladder at a time;

Never use a stepladder to support a work **platform**.

Never attach ladders together.

Only place ladders on the **ground or floor**.

Twice as many falls occur while climbing down than up!

The main cause of falls from straight ladders is from the ladder base sliding!

The main cause of falls from a stepladder is tipping sideways!

Injured workers are also encouraged to visit the Division of Workers' Compensation website at [www.fldfs.com/wc](http://www.fldfs.com/wc) where you will find extensive information such as publications, a number of databases, rules, and forms that will give you a better understanding of workers' compensation.

## *A word from the Safety Officer*

The Safety Corner will return next month. If you have any questions regarding your safety, please contact our Safety Officer Mark Gongre @ 305-292-4559.



Sources are referenced and available upon request. It is not our intention to diagnose or treat illness. For personal health problems or major changes in diet or exercise, please consult your physician. If you have any questions or concerns, please contact the Benefits Office at 305-292-4446 or extension 4446. Website links shown may be disabled.